COMMUNITY WELLNESS

Northwest Territories Community Wellness in Action 2000-2001:

Summary Report of Community Wellness Initiatives

Northwest Territories Health and Social Services

August 2002

Message from the Minister

It is my pleasure as Minister of Health and Social Services to present Community Wellness in Action 2000-2001: A Summary Report of Community Wellness Initiatives.

The Community Wellness Report is an important document of accountability, highlighting the many successful community-based initiatives that were implemented throughout the Northwest Territories through various territorial and federal programs.

These initiatives illustrate the key role communities have in promoting healthy living and encouraging NWT residents to make healthy lifestyle choices for themselves and their families.

I wish to thank all those people who have participated in these wellness initiatives. Your efforts to improve the well-being of your families and community will provide benefits for many years to come.

J. Michael Miltenberger
Minister of Health and Social Services

Table of Contents

Introduction 1

Description of Wellness Programs 2

Community Wellness in the NWT: Wellness Programs and Funding Agencies 4

Overview of 2000-2001 Wellness Funding in the NWT 5

Beaufort Delta Region 6

- Aklavik 7
- Fort McPherson 8
- Holman 10
- Inuvik 11
- Paulatuk 14
- Sachs Harbour 15
- Tsiigehtchic 16
- Tuktoyaktuk 17
- Regional 18

Deh Cho Region 19

- Fort Liard 20
- Fort Providence 21
- Fort Simpson 23
- Hay River Reserve 25
- Jean Marie River 27
- Kakisa 28
- Nahanni Butte 29
- Trout Lake 30
- Wrigley 31
- Regional 32

Dogrib Treaty 11 Region 33

- Rae-Edzo 34
- Gameti (Rae Lakes) 36
- Wekweti (Snare Lake) 37
- Wha Ti 38
- Regional 40

Sahtu Region 41

- Colville Lake 42
- Deline 43
- Fort Good Hope 44
- Norman Wells 45
- Tulita 46

Treaty 8 Region 47

- Enterprise 48
- Fort Resolution 49
- Fort Smith 50
- Hay River/West Point 52
- Lutselk'e 54

Yellowknife Region 55

- Yellowknife, N'dilo, Dettah 56

Other Projects 60

Introduction

In the 2000-2001 fiscal year, more than $7 million were spent on community wellness initiatives in the Northwest Territories. Funds were accessed through ten different wellness programs, with 59% of the wellness funds from the First Nations and Inuit Health Program of Brighter Futures, Aboriginal Head Start and the Canada Prenatal Nutrition Program.

As in previous years, communities identified healthy child development as a crucial step towards improving community wellness. Consequently, many early childhood development initiatives were supported through programs such as Aboriginal Head Start, the Community Action Program for Children, and the Healthy Children Initiative.

At the same time, projects and activities implemented under Brighter Futures, which provided 40% of overall wellness funding, reveal the holistic approach communities are taking towards improving wellness. Brighter Futures funding was utilized for a wide range of projects targeting infants, youth, adults, as well as Elders. These included FAS, parenting and healing workshops, toddler programs, sports and other recreational activities for youth, Elders meetings, on-the-land programs, community celebrations, breakfast programs, and participation in youth and other conferences.

Communities placed particular importance on cultural awareness programs. Many of these focused on keeping alive or reviving socially and culturally significant traditions, and on passing traditional knowledge and skills down to the younger generation.

Many organizations and community groups worked hard to develop and implement the wellness initiatives described in this report, and to improve the health status of families and communities in the Northwest Territories.

This report lists wellness funding and wellness initiatives according to region. The information provided has been derived from community reports. Funding is representative of dollars committed to projects in Contribution Agreements, not of actual expenditures. A chart outlining all NWT wellness programs and their funding agencies has also been provided.

Description of Wellness Programs

Brighter Futures[1]

Brighter Futures is designed to assist First Nations and Inuit communities in developing community-based approaches to health programs. The purpose is to improve the quality of, and access to, culturally sensitive wellness services in the community. These services will, in turn help create healthy family and community environments, which support child development. While the program is intended specifically for First Nations and Inuit children from birth to age six, it is recognized that children's needs cannot be separated from those of their families and community. There are a number of components to Brighter Futures: mental health; child development; injury prevention; healthy babies; solvent abuse; and parenting skills. The communities determine their priorities and allocate their resources accordingly.

Canada Prenatal Nutrition Program (CPNP)[1]

CPNP is a universally accessible program that helps communities to develop or enhance comprehensive services for pregnant women who may be at risk for their own health and the development of their babies. Projects promote breastfeeding, both initiation and continuation; aim to improve the diets of pregnant and breastfeeding women; and attempt to help women feed their infants appropriately for their age. The program has a component for First Nations and Inuit women.

Aboriginal Head Start (AHS)[1]

AHS is an early intervention program for First Nations, Inuit and Métis children and their families. It is primarily a preschool program that prepares young Aboriginal children for school by meeting their spiritual, emotional, intellectual and physical needs.

AIDS Community Action Program (ACAP)[2]

ACAP is a component of the Canadian Strategy on HIV/AIDS, the federal government's framework to respond to AIDS in Canada. ACAP aims at preventing the spread of HIV; ensuring treatment, care and support for people living with HIV and AIDS, their caregivers, families and friends; minimizing the adverse impact of HIV/AIDS on individuals and communities; and minimizing the impact of social and economic factors that increase individual and collective risk for HIV infection.

Community Action Program for Children (CAPC)[1]

CAPC funds community-based coalitions to establish and deliver services to meet the developmental needs of children under age six living in conditions at risk. These children: are living in low-income families; are living in teenage-parent families; are at risk of, or have, developmental delays, social, emotional or behavioral delays; and/or are neglected or abused.

103-05815/

Description of Wellness Programs

Community Animation Program (CAP)[2]

The goal of CAP is to increase communities' understanding of the connection between environment and health issues, and to strengthen communities' ability to take action on these issues.

Hepatitis C Prevention, Support and Research Program[2]

The program has four goals: to contribute to the prevention of Hepatitis C infection; to support persons infected with and affected by Hepatitis C; to provide a stronger evidence base for Hepatitis C policy and programming decisions and advance prevention, treatment and cure options by expanding the body of available research and research capacity; and to strengthen the response of the Canadian population to Hepatitis C through increased awareness and capacity.

Population Health Fund (PHF)[1]

The goal of the PHF is to increase community capacity for action on or across determinants of health. Through project funding, the Population Health Fund supports initiatives that facilitate coordinated action among voluntary organizations, service providers, governments and the private sector to improve population health.

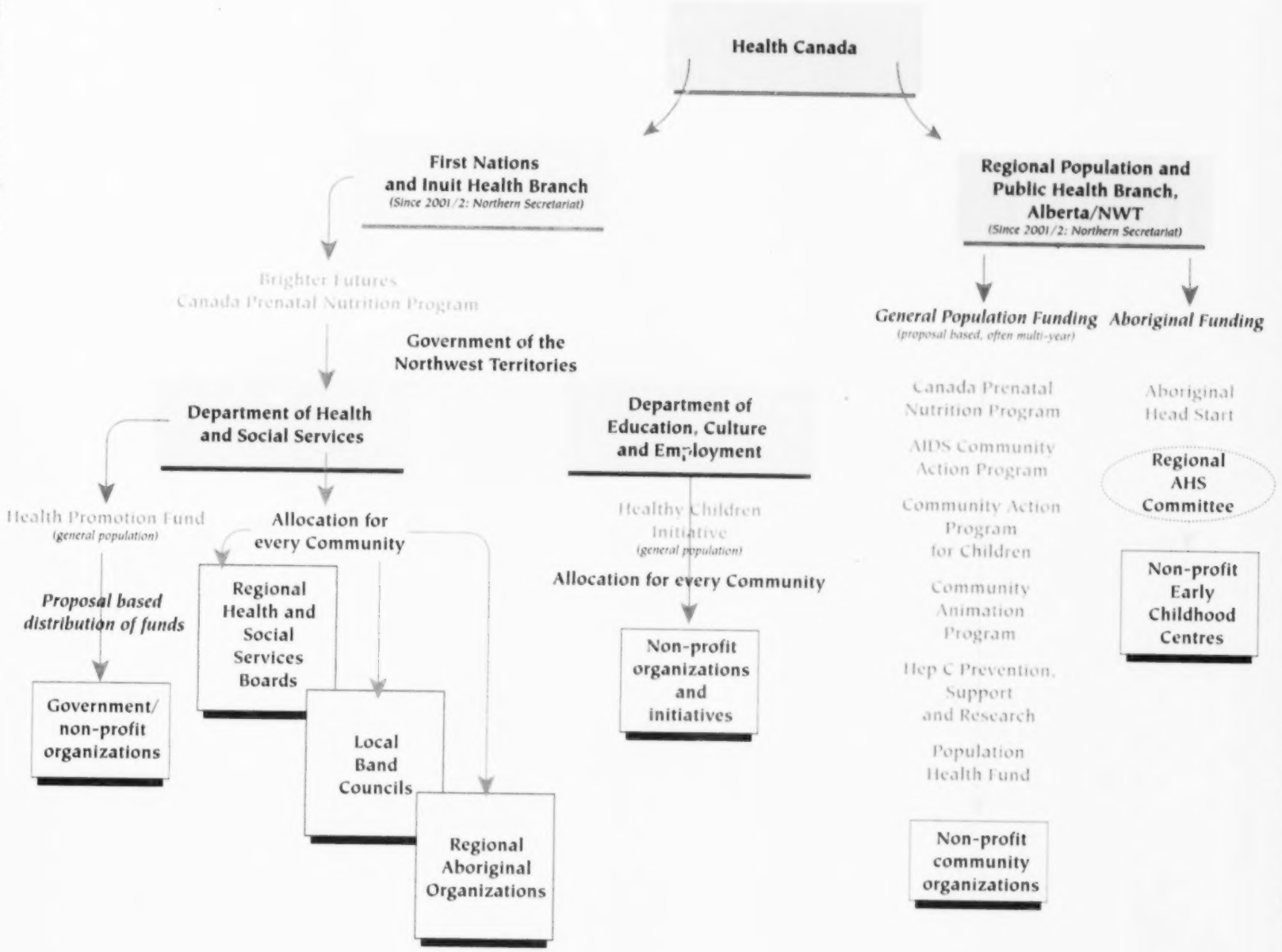
Healthy Children Initiative (HCI)[3]

This initiative supports the development of children from prenatal to age six. It focuses on prevention and health promotion and supports a wide range of programs and services from primary intervention to therapeutic services. The HCI is based on a more family-centred model. Earlier child-centred models were treatment driven, focusing on correcting and treating weaknesses and deficits. The family-centred approach places more emphasis on family needs and strengths.

Health Promotion Fund[4]

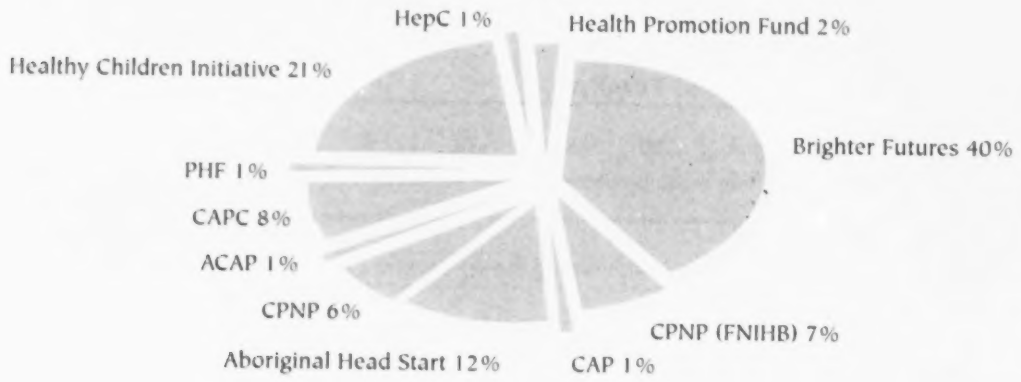
HPF supports community-based health promotion programs aimed at improving the health of prenatal women, infants, children and youth. It focuses on healthy pregnancies, active living and healthy eating promotion, tobacco harm reduction and cessation, injury prevention and dental health.

[1] Government of Canada (2001) *Federal/Provincial/Territorial Early Childhood Development Agreement: Report on Government of Canada Activities and Expenditures 2000-2001*.
[2] Health Canada – *Population and Public Health Branch Alberta/NWT Region (http://www.hc-sc.gc.ca/hppb/regions/ab-nwt/)*.
[3] Department of Education, Culture and Employment, Government of the Northwest Territories *(http://siksik.learnnet.nt.ca)*.
[4] Department of Health and Social Services, Government of the Northwest Territories, *NWT Health Promotion Funding Criteria 2000/01*.


Health Canada
First Nations and Inuit Health Branch
(Since 2001/2: Northern Secretariat)
Regional Population and Public Health Branch, Alberta/NWT
(Since 2001/2: Northern Secretariat)
Brighter Futures
Canada Prenatal Nutrition Program
General Population Funding
(proposal based, often multi-year)
Aboriginal Funding
Government of the Northwest Territories
Department of Health and Social Services
Department of Education, Culture and Employment
Canada Prenatal Nutrition Program
Aboriginal Head Start
AIDS Community Action Program
Regional AHS Committee
Community Action Program for Children
Health Promotion Fund
(general population)
Allocation for every Community
Healthy Children Initiative
(general population)
Non-profit Early Childhood Centres
Community Animation Program
Proposal based distribution of funds
Regional Health and Social Services Boards
Allocation for every Community
Hep C Prevention, Support and Research
Government/ non-profit organizations
Local Band Councils
Non-profit organizations and initiatives
Population Health Fund
Regional Aboriginal Organizations
Non-profit community organizations

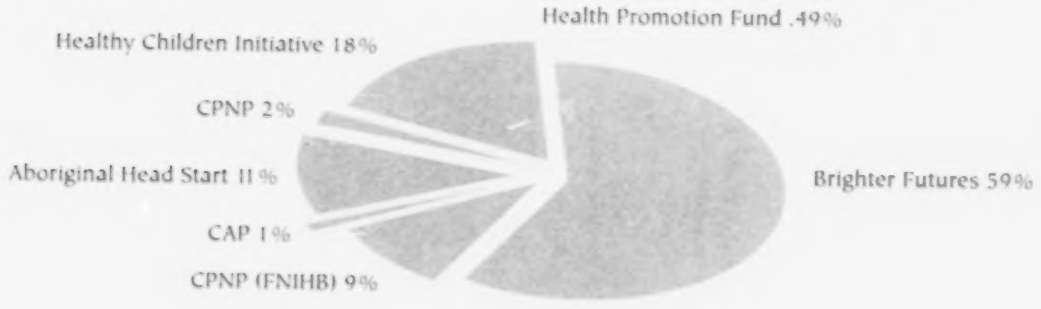
2000-2001 Wellness Funding by Region

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Deh Cho Region	464,167.00	166,787.04	225,000.00	80,000.00	-	120,000.00	-	-	-	164,245.40	33,956.25	1,154,155.69
Dogrib Treaty 11 Region	442,059.50	83,441.09	137,500.00	-	-	60,000.00	5,325.00	-	-	171,000.00	30,323.50	929,649.09
Beaufort Delta Region	1,121,904.37	165,339.99	219,000.00	40,000.00	-	-	23,123.00	-	-	345,657.00	9,371.25	1,924,395.61
Sahtu Region	307,696.91	44,730.00	-	-	-		-	-	-	122,299.00		474,725.91
Treaty 8 Region	334,673.76	76,958.54	112,500.00	107,159.00	-	122,000.00	2,915.00	-	-	255,765.37	29,606.00	1,041,577.67
Yellowknife Region	135,503.00	20,568.69	219,000.00	184,754.00	15,000.00	271,200	24,123.00	-	-	499,548.00	57,325.80	1,427,022.49
Other Projects	87,254.00	78,995.00	-	-	68,250.00	-	3,500.00	38,000.00	75,000.00	9,000.00	14,410.00	374,409.00
Total	**2,893,258.54**	**536,820.35**	**913,000.00**	**411,913.00**	**83,250.00**	**573,200**	**58,986.00**	**38,000.00**	**75,000.00**	**1,567,514.77**	**174,992.80**	**7,325,935.46**



Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Aklavik	165,534.28	17,495.00	-	-	-	-	-	-	-	51,993.00	-	235,022.28
Fort McPherson	188,930.00	30,943.50	112,500.00	-	-	-	-	-	-	45,627.00	4,557.00	382,557.50
Holman	73,469.75	11,380.00	-	-	-	-	-	-	-	32,956.00	-	117,805.75
Inuvik	301,810.37	10,334.00	-	40,000.00	-	-	23,123.00	-	-	129,418.00	4,814.25	509,499.62
Paulatuk	39,799.64	7,475.00	106,500.00	-	-	-	-	-	-	23,305.00	-	177,079.64
Sachs Harbor	28,105.69	4,050.00	-	-	-	-	-	-		8,400.00	-	40,555.69
Tsiigehtchic	46,870.00	11,670.75	-	-	-	-	-	-	-	-	-	58,540.75
Tuktoyaktuk	186,781.00	23,850.00	-	-	-	-	-	-	-	53,958.00	-	266,589.00
Regional	90,603.64	46,141.74	-	-	-	-	-	-	-	-	-	136,745.38
Total	1,121,904.37	165,339.99	219,000.00	40,000.00	-	-	23,123.00	-	-	345,657.00	9,371.25	1,924,395.61



Brighter Futures

Aklavik Indian Band

- A Program Coordinator was hired to coordinate and administer the programs in the community.

- **Community Mental Health**
  Funds supported:
  - Three volunteers to visit the community to tutor students, assist teachers and staff in the school and coordinate and plan social activities.
  - The "Millennium Trek" for youth and Elders.
  - A boat journey from Fort McPherson to the Yukon and the sacred caribou calving grounds.
  - A youth coordinator was hired to coordinate activities for the youth in Aklavik. Activities included: teen dances, movie nights, colouring contests, and other fun tournaments.
  - School youth advisors were also hired to assist the teachers in the classroom.
  - Youth participated in educational boat and rafting trips to Ivvavik National Park and Numalik Spit.
  - A "music club" enabled young people to learn the basics in music.
  - Eight youth and two chaperones travelled to the annual Dream Catchers Conference in Edmonton.

Aklavik Community Corporation

- A Coordinator was hired to administer all wellness funding initiatives, Elders and youth initiatives.

- **Community Mental Health**
  Funds supported:
  - The Katirivik Drum Dance.
  - The Firth River Rafting Trip.
  - Meetings of the Elders committee.
  - A youth coordinator was employed to run the youth centre and other youth activities.
  - A summer youth project.
  - An on-the-land trip.
  - A number of youth participating in a regional youth gathering.
  - A youth advisor program.
  - Cultural and traditional trapping.
  - A number of youth participating in the Tech 2000 Conference in Yellowknife.
  - A hockey school.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation and Aklavik Indian Band

- **Aklavik Prenatal Nutrition Program**
  Activities included:
  - Twenty weekly cooking classes with an average of ten participants attending each session.
  - Two separate education sessions with about seven women participating in each session.
  - Group nutrition education.
  - One-to-one breastfeeding information.
  - Childcare, transportation, prizes or incentives, games, food supplements, and food vouchers.

Healthy Children Initiative

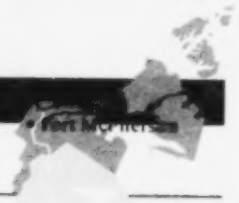
Inuvialuit Regional Corporation for Aklavik Child Development Centre

Funds supported:

- Support Worker
- Child Care Staff
- Equipment, food and resources
- 1-2-3 Reading Program
- Rent for additional space.

1 *Population estimates as of July 2000 have been taken from Statistics Quarterly, Vol. 23, No. 3 (September 2001), published by the Bureau of Statistics, Government of the Northwest Territories.*

Fort McPherson – Population: 910 — Beaufort Delta



Brighter Futures

Tetlit Gwich'in Council

- A Community Wellness Coordinator was hired to plan, implement and administer wellness programs in the community.

- **Community Mental Health**
  Activities included:
  - The Midway Lake Music Festival, a drug and alcohol free weekend organized for all community members to share dancing, storytelling and traditional food.
  - Publication of a monthly Gwich'in newsletter distributed to more than 200 people.
  - Four youth participated in the Millennium Trek, to travel to the caribou calving grounds by boat, canoe, and foot.
  - Two youth advisors were employed to assist school children with behavior management.
  - Two youth coordinators were hired to help implement and coordinate youth activities in the community.
  - Several on-the-land programs were held for children and youth, which included specific programs for trapper training and youth at risk.
  - A summer day camp for children aged twelve and under was organized to improve math, reading and spelling skills, and children aged eight and under attended a reading circle during the summer months.

- **Solvent Abuse**
  Funds supported:
  - Youth workshops on alcohol and drug prevention, solvent abuse prevention, peer pressure, etc.
  - Several youth attended North Quest 2001, a weekend conference in Lac La Biche on alcohol and drug abuse, and healthy lifestyles.
  - Various activities during the National Addictions Awareness Week, organized for all age groups.

- **Parenting**
  Funds supported:
  - Ten women attending a workshop on good parenting and team building skills.

Canada Prenatal Nutrition Program

Tetlit Gwich'in Council

- **Moms and Tots**
  Funds supported:
  - Thirteen to fifteen cooking sessions offered once every two weeks with approximately fourteen women in attendance.
  - Three separate education sessions/activities held with an average of fourteen women attending each session.
  - One-to-one and group nutrition information and breastfeeding support offered through group sessions, one-to-one information, peer support, and supplies/resources.
  - Childcare, games, transportation, prizes/incentives, and food supplements.

Health Promotion Fund

Chief Julius School

Funds supported:

- A breakfast program every Monday morning that involved a large portion of the community. The children benefited from healthy food and learning from Elders, parents, and the RCMP volunteers.

Aboriginal Head Start

T'loondih Healing Society

- **Tetlit Zheh Child Centre (ongoing program)**
  Opportunities were provided for children to have their education, physical, cultural, developmental and social needs met, as well as provide their families an opportunity to participate and enhance the developmental process.
  Funds supported:
  - Approximately sixteen children aged three to five years, to attend the program three hours per day, five days a week.
  - A team of local early childhood educators to consult with the parents about the daily activities.
  - A Gwich'in language teacher to provide instruction to the children and the staff team – plan cultural activities throughout the monthly schedule.
  - An emphasis in the year 2000-2001 to address the special needs of children attending and to build program links with Chief Julius School.
  - A daily snack program to meet nutritional standards while emphasizing traditional "country food".
  - Parents are involved in a parent advisory group and assist where possible in daily program activities.

Healthy Children Initiative

Tetlit Zheh Child Centre

Funds supported:

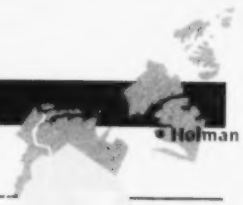
- Speech Program

District Education Authority

Funds supported:

- Student Advisor Program for kindergarten and grade one classes
- Preschool Program

Holman – Population: 470 — Beaufort Delta



Brighter Futures

Holman Community Corporation

- A Coordinator administered all wellness funding initiatives, Elders and youth initiatives.

- **Community Mental Health**
  Activities included:
  - Drum dancers attended the Katirivik Drum Dance Festival in Tuktoyaktuk.
  - Elders taught central style drum dancing, songs, drum beating and drum making to children over five years of age.
  - Youth workers were hired to help with the annual golf tournament, and spring fishing was organized in the community.
  - An annual youth meeting was held, and some youth participated in a regional youth gathering in Inuvik.
  - Other initiatives included a youth drop-in and a hockey program.
  - Sewing and other traditional skills teaching programs were also organized.
  - The Elders committee met regularly to provide support to children, youth, adults and other Elders.

Canada Prenatal Nutrition Program

Hamlet of Holman

- **Holman Prenatal Nutrition Program**
  Funds supported:
  - Twenty-one cooking classes, two times a week, with an average of eight women attending each class.
  - Nutrition and breastfeeding information provided during the cooking classes.
  - Activities and support were also provided.

Healthy Children Initiative

Hamlet of Holman

Funds supported:

- Preschool Program

Brighter Futures

Inuvik Native Band

- **Community Mental Health**
  Funds supported:
  - Training for a family counseling support worker.
  - Resource materials purchased for the family-counseling centre.
  - Sessions organized for youth, adults and Elders to discuss the kinds of community programs and activities they would be interested in having in their community.
  - Youth attending the Gwich'in Gathering in Aklavik and the annual Dream Catchers Conference in Edmonton.
  - Over 300 students participating in the Rachel Reindeer Land Program, an on-the-land program for elementary students, which focused on teaching traditional skills and undertaking cultural activities.
  - A summer day camp held for children of the community.
  - A youth sewing program.
  - The graduation day of preschool students, which was celebrated with a gift of a t-shirt.
  - The purchase of snowshoes to enable youth to participate in traditional games.
  - The purchase of four children-size dog sleds, which allowed children to participate in dog mushing.
  - A support worker position to aid students at the elementary school.
  - A science event, which allowed children to learn and participate in science activities.

Inuvik Community Corporation

- A minor portion of the funds was utilized to offset the costs of running the wellness programs in terms of wages, operations and maintenance.

- **Community Mental Health**
  Funds supported:
  - An In-Home Support Program.
  - Two shelter programs.
  - The Visions and Dreams Program, which offers diverse workshops and cultural enhancement activities.
  - Spousal abuse, suicide protocol and Elders wellness workshops.
  - The Inuvik Elders Committee.
  - An Aboriginal language assistant.
  - The participation of youth teams in the territorial volleyball championship in Yellowknife.
  - A traditional life skills course for youth.
  - Traditional sewing and language classes.
  - A drum dance program.
  - Various activities of the speed skating club.
  - The Annual Caribou Harvest and spring celebrations.
  - The participation of several youth in the Dream Catchers Conference in Edmonton.
  - A "Mini Dream Catchers" Regional Conference.
  - A children's summer day camp, a speed skating summer camp, a youth leadership program, and Learning through the Land program.
  - Several youth participating in a bible camp in Yukon.
  - A number of girls attending the University of Calgary Soccer Camp.
  - A number of boys attending the Junior Cage tournament in Yellowknife.
  - The recruitment of program support assistants who provided support to classroom teachers.
  - Sir Alexander Mackenzie School implementing a recess monitor program to improve students' problem-solving and communication skills.

- **Child Development**
  Funds supported:
  - Three breakfast programs run in schools/daycare centres.

- **Parenting**
  Funds supported these community workshops:
  - Nobody's Perfect Parenting Workshop
  - High Risk Kids Workshop

Canada Prenatal Nutrition Program

Inuvik Community Corporation and Inuvik Dene Band

- **Inuvik Healthy Babies**
  Funds supported:
  - Cooking classes/groups and education sessions with an average of three participants in attendance.
  - Nutrition information during the cooking and education sessions.
  - One-to-one and peer support to breastfeeding mothers.
  - Other services and activities including childcare, home visits, food supplements, games, and prizes/incentives.

Community Animation Program

Community Garden Society of Inuvik

- **The Inuvik Composting and Organic Gardening Project**
  Funds supported:
  - The promotion of organic gardening.
  - The creation of a community compost facility where compost could be used in the greenhouse and elsewhere in the community.

Inuvik Recycling Society

- **Community Recycling Awareness and Education Strategy**
  Funds supported:
  - A waste audit as the first step in establishing a recycling program in Inuvik similar to the program set up by Raven Enterprises, a non-profit society in Whitehorse.
  - Community participation in the recycling program and sharing knowledge about recycling with the residents of Inuvik.

NWT Recreation and Parks Association (NWTRPA)

- **NWT Community Capacity-Building Workshop**
  NWTRPA partnered with Health Canada, Environment Canada and the Town of Inuvik to present a capacity building workshop. Funds supported:
  - The workshop, which covered four components: how to develop a project, how to access funding, leading a project, and writing proposals. The intent of the workshop was to build community capacity to address health and environment issues.

Health Promotion Fund

Inuvik Regional Health and Social Services Board

Funds supported:

- The development of a children's storybook and a brochure on dental health, which was distributed in the region.

Aboriginal Head Start

Inuvialuit Social Development Program

- **Isakasaqtuak Inuvialuktun Paulatumi Mikiyuayaat (ongoing program)**
  Funds supported:
  - A facility, licensed to provide service to 12 three to four year olds in the community of Paulatuk.
  - The half-day program to run five days per week providing an early childhood preschool program based on the Inuvialuit language, culture and spirituality.
  - The hamlet van to transport the children to and from the program in the colder months.
  - Involving Elders, parents and extended families closely in the program activities.
  - Daily meal programs, as well as othering family food activities provide nutrition for the children and their families.
  - Extended programming offering a Saturday Parent's Day Out and a monthly Nutrition Bingo which both help to educate families in the community.
  - Materials and sewing space for parents and Elders. This supports traditional sewing and helps ensure children have adequate clothing for the harsh winter.
  - Children, parents and Elders participating in numerous cultural events on the land.

Healthy Children Initiative

CMHA Family Counseling Centre

- In-Home Support Program
- Early Intervention Program

Inuvik Preschool Society

- Teaching Assistant for class of three year olds.

Midnight Sun Daycare

- Staff Training Workshop
- Special Programs Coordinator

District Education Authority

- Program Support Assistant

Paulatuk – Population: 323 — Beaufort Delta

Brighter Futures

Paulatuk Community Corporation

- A Coordinator administered all wellness funding initiatives, Elders and youth initiatives.
- **Community Mental Health**
  Activities included:
  - Members of the drum dance group attended the Katirivik Drum Dance Festival in Tuktoyaktuk.
  - Some youth participated in a regional youth gathering in Inuvik and the annual Dream Catchers Conference.
  - Selected couples attended a workshop in Yellowknife titled "Building Love for Life".
  - Activities for Elders were organized on a weekly basis.
- **Child Development**
  - A breakfast program was implemented at the local school.

Canada Prenatal Nutrition Program

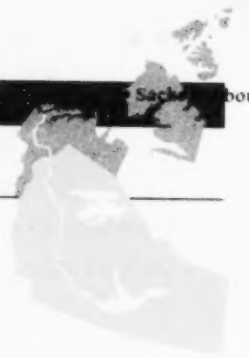
Inuvialuit Regional Corporation

- **Paulatuk Shopping Group**
  Funds supported:
  - Distribution of food vouchers to group participants.
  - Nutrition information, as well as breastfeeding support through group sessions and/or workshops and peer support.

Healthy Children Initiative

Inuvialuit Regional Corporation

- **Paulatuk AHS Program**
  Funds supported:
  - Nutrition Bingo Program
  - Support Worker
  - Parent Sewing Group



Brighter Futures

Sachs Harbour Community Corporation

- A Coordinator was hired on a part-time basis to administer wellness funding, and Elders and youth initiatives.

- **Community Mental Health**
  Funds supported:
  - The White Fox Jamboree, and Easter, Canada Day, Halloween and Christmas celebrations.
  - Youth participation in a regional youth gathering in Inuvik.
  - A youth representative attending the Tech 2000 Conference in Yellowknife.
  - Participation of youth in a swimming and day camp program in Inuvik.
  - Several on-the-land training trips.
  - The celebration of National Child Day.

- **Solvent Abuse**
  The National Addictions Awareness Week was commemorated with promotion and addictions awareness activities.

Canada Prenatal Nutrition Program (FNIHB)

Inuvialuit Regional Corporation

- **Sachs Harbour Shopping Group**
  Funds supported:
  - Food vouchers distributed to group participants.
  - Group nutrition information provided.
  - Breastfeeding support offered through peer support.

Healthy Children Initiative

Hamlet of Sachs Harbour for the Recreation Department

- Moms and Tots Program

Brighter Futures

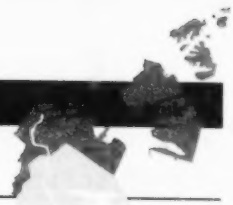
Tsiigehtchic Charter Community

- **Community Mental Health**
  Activities included:
  - A sewing program offered to community members of all ages, aimed at teaching various styles of traditional sewing.
  - Several youth and chaperones participated in the "Youth Millennium Trek", a journey by foot and boat from Aklavik to Fort McPherson, Old Crow, Fort Yukon, Venetie, Arctic Village, and the coastal plain of the Arctic National Wildlife Refuge.
  - A one-week workshop for students, parents and teachers focusing on anti-bullying, anger management, suicide prevention counseling, and other interventions.
- **Childhood Development**
  - Educational materials were purchased for the Early Childhood Program.

Canada Prenatal Nutrition Program

Tsiigehtchic Charter Community

- **Tsiigehtchic Prenatal Nutrition Program**
  Funds supported:
  - Weekly cooking offered with four to eight women in attendance, as well as separate education activities.
  - One-to-one and group nutrition education and breastfeeding information.
  - Childcare, games, transportation, prizes/incentives, home visits, food supplements, and a community feast.



Brighter Futures

Tuktoyaktuk Community Corporation

- A Coordinator administered all wellness funding initiatives, including Elder and youth initiatives.

- **Community Mental Health**
  Funds supported:
  - The local women and children's shelter.
  - Elders committee meetings.
  - The Akulliq Justice Committee.
  - A monthly Elder's luncheon.
  - An Elders summer camp.
  - The participation of community members in the Katirivik Drum Dance Festival.
  - Teaching of traditional songs to community members of all ages.
  - Youth participated in a regional youth gathering and a gospel tent meeting.
  - A youth coordinator to implement programs and activities for children and teenagers.
  - A school breakfast program, targeting all children attending the local school.
  - An attendance program, which awarded prizes to students who had attended school regularly.

- **Child Development**
  Activities included:
  - An infant and toddler program was run for children from birth to three years of age.
  - A summer club for children was organized during the school holidays.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- **Tuktoyaktuk Community Kitchen**
  Activities included:
  - Forty weekly cooking sessions offered with an average of ten women attending each session.
  - Group nutrition education, as well as one-on-one breastfeeding support was available.
  - Childcare, games, food supplements, transportation, prizes/incentives, and home visits provided.

Healthy Children Initiative

Tuk Women and Children's Shelter

- Child Care Advocate

District Education Authority

- Kindergarten class materials

IRC for Tuk Child Development Centre

- Support Worker

Beaufort Delta Regional Projects

Brighter Futures

Inuvialuit Regional Corporation (IRC)

Funds supported:

- A Regional Coordinator
- Two regional workshops
- Other costs related to the implementation of Brighter Futures

Canada Prenatal Nutrition Program (FNIHB)

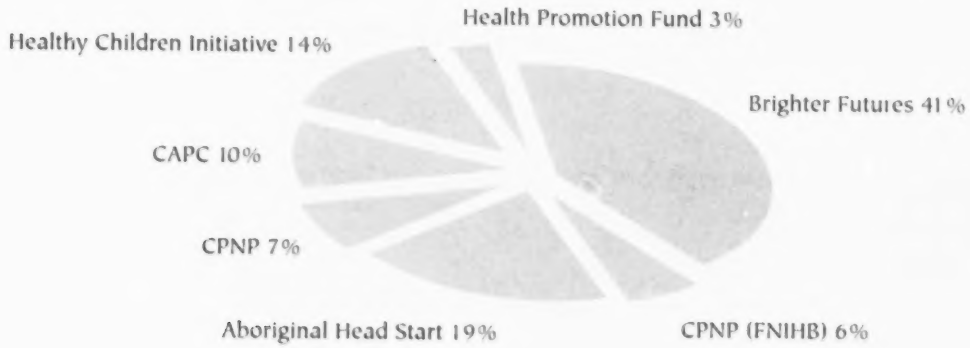
Inuvik Regional Health Board

Funds supported:

- Administration
- Regional travel
- Program manuals
- Regional workshop training and a year-end follow-up workshop
- Breastfeeding support
- Christmas hampers

Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Fort Liard	66,112.64	7,332.95	-	-	-	-	-	-	-	26,694.00	-	100,139.59
Fort Providence	82,763.26	15,653.40	112,500.00	-	-	-	-	-	-	5,292.00	10,667.00	226,875.66
Hay River Reserve	57,356.65	9,000.45	112,500.00	-	-	-	-	-	-	33,968.00	-	212,825.10
Jean Marie River	6,970.23	-	-	-	-	-	-	-	-	-	4,252.50	11,222.73
Kakisa	10,749.95	-	-	-	-	-	-	-	-	-	-	10,749.95
Fort Simpson	104,328.93	18,050.49	-	80,000.00	-	120,000.00	-	-	-	48,058.00	-	370,437.42
Nahanni Butte	15,152.33	3,099.75	-	-	-	-	-	-	-	-	5,000.00	23,252.08
Trout Lake	19,199.96	-	-	-	-	-	-	-	-	26,518.40	-	45,718.36
Wrigley	49,555.00	787.50	-	-	-	-	-	-	-	23,715.00	4,887.75	78,945.25
Regional	51,978.05	12,862.50	-	-	-	-	-	-	-	-	9,149.00	73,989.55
Total	464,167.00	86,787.04	225,000.00	80,000.00	-	120,000.00	-	-	-	164,245.40	33,956.25	1,154,155.69



Fort Liard – Population: 524 — Deh Cho

Brighter Futures

Acho Dene Koe First Nation

- **Community Mental Health**
  - Community members were visited regularly and a weekly newsletter was published to keep families informed about social, cultural and other activities.
- **Parenting**
  - A facilitator from Edmonton conducted three workshops on positive parenting, family life education, and nutrition respectively.
- **Solvent Abuse Prevention**
  - Diverse local activities were conducted during the National Addiction Awareness Week and the Family Violence Awareness Week.

Canada Prenatal Nutrition Program

Ford Liard Health Centre

- **Fort Liard Prenatal Nutrition Program**
  Funds supported:
  - Cooking classes twice a month with an average of five women participating in each of the eight classes.
  - Education activities every other week with an average of three women in attendance.
  - Nutrition and breastfeeding information and support on a one-to-one basis as well as in groups, and nutrition assessments were occasionally conducted.
  - Home visits, games, and prizes or incentives.

Healthy Children Initiative

Acho Dene Koe

- **Preschool Program**
  - Five children graduated from this program for four year olds.

Fort Providence – Population: 837 — Deh Cho

Brighter Futures

Deh Gah Got'ie Dene Council

- **Community Mental Health**
  Funds supported:
  - Two grieving workshops, a healing workshop, and a suicide prevention workshop held by the Friendship Centre.
  - A youth summer gathering at Horn River.
  - Elders and preschool children attending a camp to learn cultural and spiritual ways of the Dene.
- **Child Development**
  Activities included:
  - The annual graduation ceremony for local children who have completed the Aboriginal Head Start preschool program.
  - A Breakfast for Learning program, in which local parents were hired by the school to support children having a good preschool breakfast.
- **Solvent Abuse**
  Activities included:
  - Some students attended the Students Against Drunk Driving conference in Yellowknife.
  - FAS workshops were organized.
  - Books and materials on safety were purchased.
- **Parenting**
  - Approximately thirty community members attended an FAS/FAE workshop held at the local school.

Canada Prenatal Nutrition Program

Zhahti Koe Friendship Centre

- **Positive Beginnings**
  Activities included:
  - A total of 28 weekly cooking classes were offered with an average of five women attending each session.
  - 20 separate weekly education sessions were offered with an average of five participants in attendance.
  - Nutrition information was provided through group education sessions and videos.
  - Games, food, supplements, transportation, food vouchers, home visits, and tot activities were offered, and a community feast was organized.

Health Promotion Fund

Deh Gah School

Funds supported:

- Four students and one staff member were sent to the BLAST conference (a tobacco reduction and cessation leadership program for youth) in Edmonton, and a survey and tobacco cessation activities were carried out after their return.
- The school invited a guest speaker from the south to talk about FAS and how to deal with it within the family and the community.

Hay River Dental Clinic

Funds supported:

- Dental technique and healthy eating habits were introduced to children twelve years of age and under on the Hay River Reserve, in Hay River, and Fort Providence.

Aboriginal Head Start

Deh Gah Gotie Dene Council

- **Dezoah UnDaa Etleh Koke (ongoing program)**
  - Program focus is on the needs of Aboriginal children and families in the community.
  - Approximately 20 children attended the program throughout the preschool year.
  - Preschool children learn basic academic skills as well as the Dene culture and values through an integrated educational philosophy of holistic learning.
  - Parents, caregivers, extended family and community members are the key people who make this program a success.
  - This program works in partnership with the school in a community-wide FAS/FAE awareness and action initiative.

Healthy Children Initiative

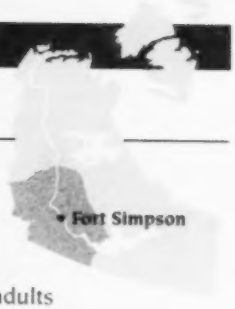
Dezoah UnDaa Etleh Koke Aboriginal Head Start Program

- **Program Support**
  Funds supported:
  - A special needs assistant to accommodate a hearing disabled child into the preschool program.
  - The purchase of special needs materials for the child/preschool.

District Education Authority Board

- **Program Support**
  Funds supported:
  - Special Needs Aids for kindergarten program.

Fort Simpson – Population: 1,273 — Deh Cho



Brighter Futures

Liidlii Kue First Nation

- A Program Coordinator was hired full-time to deliver and administer community programs.
- **Community Mental Health**
  Activities included:
  - Two camps were organized in which local resource people taught traditional activities to adults and children. As well, for one of the camps, supplies were purchased and staff was trained.
  - A variety of events to take place during the National Aboriginal Day celebrations, such as a community feast, drum dancing, and a fire feeding ceremony.
  - The Redd Nation Group facilitated several workshops for youth, covering topics such as role modeling, literacy, education, traditional dancing, and cultural awareness. Workshops were also held for teen parents, support groups, caregivers, and youth talking circles.
  - The Community Acknowledgement Support Initiative supported community fundraising groups in organizing feasts and special events.
  - Three youth drummers and one adult were acknowledged for their skill at a traditional feast and received drums and cases.
  - A teen dance was also sponsored.
- **Solvent Abuse Prevention**
  Activities included:
  - Some students attended a Students Against Drunk Driving conference in Yellowknife.
  - During the National Addictions Awareness Week, interactive activities were organized to promote healthy lifestyle choices.

Canada Prenatal Nutrition Program

Liidlii Kue First Nation

- **Sa Naeah Prenatal Nutrition Program/Health Baby Program**
  Activities included:
  - Weekly cooking and education sessions held with approximately six women attended each session.
  - Childcare, games, food supplements, food vouchers, transportation, home visits, and prizes or incentives were offered.
  - Traditional food was provided through a community hunt.

Community Action Program for Children

Open Door Society

- **Open Doors (ongoing program)**
  - The program targets preschool children with medical histories that place them at risk for developmental delays or potential learning disabilities. It enhances the intellectual, socio-emotional and physical development of children while strengthening and supporting the whole family.

Healthy Children Initiative

Open Door Society

- **Busy Bees Program**
  - 16 three-year-old children took part in this program, which encouraged them to develop their socialization skills, and supported learning through semi-structured play.

Deh Cho First Nation

- **Early Childhood Conference**
  Funding provided:
  - Travel, accommodations and per diem for fourteen people who work in Melaw Daycare and Open Doors Society Early Childhood Education programs to attend the Early Childhood Conference: Experience the Magic and Wonder in Yellowknife (March 1-3, 2001).

Fort Simpson Beavertail Jamboree Committee

- **Fort Simpson Beavertail Jamboree**
  - A games coordinator taught children traditional Dene games.

Deh Cho Friendship Centre Board

- **Traditional Nutrition Support through Harvest Hunt**
  - There were a total of 110 caribou harvested and 450 fish netted, which were distributed to the families from the Sa Naeah Prenatal program, Melaw Daycare Centre, and the Open Doors Society. 175 parents and 525 children benefited from this project by learning the traditional skinning and cutting of the caribou, and/or by receiving the meat.

Liidlii Kue First Nation

- **Sa Naeah Prenatal Program**
  - Fifteen mothers attended the program on a regular basis with three new pregnant moms-to-be attending. One of the mothers was deaf, which was a great learning experience for the entire program. Approximately 21 children attend the program with their mothers.

Hay River Reserve – Population: 268 — Deh Cho

Brighter Futures

Hay River Dene Band

- **Community Mental Health**
  Several programs were implemented:
  - A School Counsellor was hired at the Chief Sunrise Education Centre for establishing links between the school and parents, and for providing emotional and counselling support for students.
  - Five full-time staff organized a Summer Camp Program for children from seven to thirteen years of age. This program included recreation, cultural and social activities, and on average, 20 to 30 children participated daily.
  - A Youth Drop-in Centre offered recreational activities in a safe environment in the evenings and on weekends. The community also had a drop-in program at the local gymnasium for youth from five to over eighteen years.
  - At least six to eight on-the-land program activities were undertaken at Buffalo Lake, Buffalo River, and Sandy Creek camps, as well as other destinations. The activities were aimed at involving youth in social and cultural activities such as net setting, hunting, and trapping.
  - K'atlodeeche First Nation administrative staff and Band Council held a Community Wellness Workshop to review program results and plan healthy lifestyle programs and cultural activities.
  - 16 youth and five chaperones participated in the annual Dream Catchers Conference in Edmonton.

Canada Prenatal Nutrition Program

Kátlodéédhe First Nation

- **Kátlodéédhe Prenatal Nutrition Program**
  Activities included:
  - Cooking classes were held with an average of six participants attending each class.
  - Five separate education sessions/activities were also offered.
  - Nutrition and breastfeeding information and education were provided during group and one-on-one sessions.
  - Nutrition assessments were conducted occasionally.
  - Childcare, transportation, home visits, games, prizes or incentives, food supplements, food vouchers, and breast pumps were provided, and a community feast was organized.

Health Promotion Fund

The Chief Sunrise Education Centre

- The Chief Sunrise Education Centre held a two-day workshop for families, teachers, and caregivers to fill the information gap on the topic of FAS/FAE.

Polly's Place Daycare

Activities included:

- Taking the children out to swimming, skating, and ice golf.
- Involving the parents of about twenty families in preparing healthy snacks and learning about proper dental care over the course of the school year.

Growing Together

Activities included:

- Three four-week sessions of cooking circles for youth were offered.
- A three-day information session for women on healthy sexuality, featuring a guest speaker from AIDS Yellowknife.

Aboriginal Head Start

Hay River Reserve Education Council

- **Hay River Aboriginal Head Start (ongoing program)**
  This program provides a safe, nurturing and multi-faceted environment for thirty-two children aged three to five years.
  Program components include:
  - Parental involvement through governance of the program as well as participating in the program in many other ways.
  - South Slavey language teaching.
  - Traditional story and legend telling.
  - Elder participation.
  - Parent snack program.
  - Culture camps.

Healthy Children Initiative

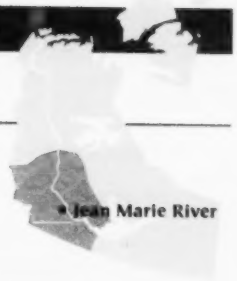
District Education Authority

- Busing project for Aboriginal Head Start.

Kàtlodééche First Nation

- **Early Childhood Conference**
  - This funding provided travel, accommodations and per diem for twenty-six people who work in early childhood programs from Fort Smith, Hay River, Hay River Reserve, Fort Resolution and Lutselk'e to attend the Early Childhood Conference: Experience the Magic and Wonder in Yellowknife (March 1-3, 2001).

Jean Marie River – Population: less than 50 — Deh Cho



Brighter Futures

Jean Marie River First Nation

- **Community Mental Health**
  Activities included:
  - A medicine man visited the community to share traditional knowledge.
  - Two Elders participated in a traditional gathering at Big Reserve in Saskatchewan.
  - Three young people and chaperones attended the annual Dream Catchers Conference in Edmonton.
  - A New Year community feast and social gathering was organized.
- **Solvent Abuse Prevention**
  - Two community members attended a two-week follow up treatment program of a drug and alcohol treatment centre outside the community.
  - National Addictions Awareness Week was celebrated with various activities and refreshments.

Health Promotion Fund

Louise Norwegian School

- Healthy snacks were offered daily, as well as educational promotions two to three times per week. As a fun activity, a "No Junk Food" contest was held. The students had to abstain from junk food for ten days to win prizes. This activity also got parents involved.

Kakisa – Population: 36

Deh Cho

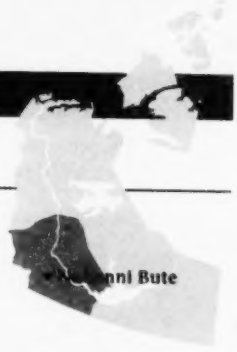
Brighter Futures

Ka'a'gee Tu First Nation

- **Community Mental Health**
  Funds supported a variety of programs including:
  - The participation of one woman in the Women and Wellness Conference "Gathering Women" in Saskatoon.
  - The repair of five Dene drums.
  - Two Learning to Dance Jig workshops that had up to ten participants, including children.
  - A Community Christmas Feast that was combined with the first-ever high school graduation ceremony of two students in Kakisa.
  - Slavey Language Workshop – Final report was not submitted.

Nahanni Butte – Population: 82

Deh Cho



Brighter Futures

Nahanni Butte Dene Band

- **Community Mental Health**
  Activities included:
  - Six youth and two chaperones participated in the annual Dream Catchers Conference in Edmonton.
  - Two cultural camps for children were held at Yohin Lake and Blue Fish Lake to teach traditional skills such as camping, trapping, and fishing. Seven youth aged eight to seventeen years participated in the camps.
  - A two-day experiential workshop for women, "Women's Healing Circle" was held.

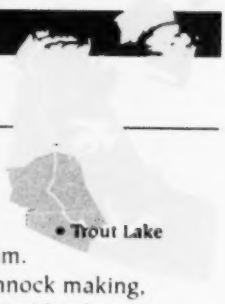
Canada Prenatal Nutrition Program

- No activity recorded.

Health Promotion Fund

Charles Yohin School

- A healthy breakfast program was offered for students each morning before class.



Brighter Futures

Sambaa K'e Dene Band

- **Child Development**
  Activities included:
  - Nine children from two to ten years of age participated in the annual Summer Camp Program. Cultural and traditional activities such as dry fish making, fish filleting, rabbit skinning, bannock making, setting up tents, big game harvesting, dry meat making, and cleaning moose hide. A traditional healer also participated in the camp and taught the children how to identify and gather plants and herbs needed for making traditional medicine.
  - A similar camp program was held in spring, with four children ten to 12 years of age participating.

Healthy Children Initiative

Sambaa K'e Dene Band

- **Preschool Drop-In Centre**
  - The centre targeted parents and children from zero to six years of age, and was open three days a week for three hours a day.
  - The major component of the preschool was preparing the children for kindergarten. This enabled children to share and get along with others at an early age.
  - All activities were done in Slavey and in English so that the children would know and understand both languages in the classroom.
  - Materials and equipment were also purchased for the drop-in centre.

Brighter Futures

Pehdzeh Ki First Nation

Activities included:

- A full-time Community Wellness Coordinator/Alcohol and Drug Coordinator was hired to develop and implement various health and community wellness programs. These included alcohol and drug prevention and treatment initiatives.
- A Healthy Snack program in the school.
- Prenatal nutrition programs (cooking classes, Breakfast Club program, etc.).
- Various socio-cultural events such as a spiritual gathering, a Halloween dance, drum dances, and a Christmas party for the whole community.

Canada Prenatal Nutrition Program

- Funds were used for training; no activities or services were offered.

Health Promotion Fund

Pehdzeh Ki First Nation

- A daily healthy snack program for the children of Julian Yendo School was launched.

Healthy Children Initiative

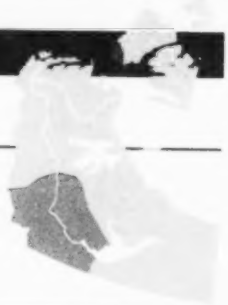
Pehdzeh Ki First Nation

- **Child Care Centre**

  Funds supported:

  - A daycare program to provide care for ten children of parents who were attending Aurora College's Adult Basic Education course.
  - New materials and equipment to enhance the daily programming of the daycare centre, and children had many different games and activities to choose from to play and learn.

Deh Cho Regional Projects



Brighter Futures/Canada Prenatal Nutrition Program

Regional Coordination

- A Regional Coordinator was hired to assist all Deh Cho communities with Brighter Futures and CPN Program planning, implementation, and reporting.

Health Promotion Fund

Hay River Dental Clinic

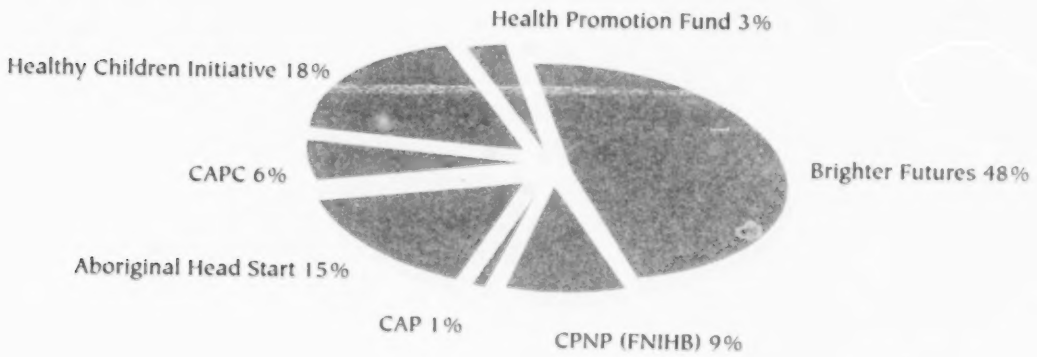
- The Hay River Dental Clinic brought dental technique and healthy eating habits to children twelve years of age and under on the Hay River Reserve, in Hay River, and Fort Providence.

Deh Cho Health and Social Services Board

- A five-day workshop for teens and their parents in Fort Providence and Fort Liard was organized to examine issues related to adulthood such as pregnancy, nutrition, active living, sexually transmitted diseases, and tobacco.

Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Rae-Edzo	294,787.50	51,908.59	137,500.00	-	-	60,000.00	-	-	-	-	15,420.00	559,616.09
Rae Lakes	44,978.00	8,520.00	-	-	-	-	-	-	-	-	5,000.00	58,498.00
Wekweti	25,000.00	5,449.50	-	-	-	-	-	-	-	-	4,903.50	35,353.00
Wha Ti	77,294.00	17,563.00	-	-	-	-	5,325.00	-	-	-	5,000.00	105,182.00
Regional	-	-	-	-	-	-	-	-	-	171,000.00	-	171,000.00
Total	442,059.50	83,441.09	137,500.00	-	-	60,000.00	5,325.00	-	-	171,000.00	30,323.50	929,649.09



Summary of 2000-2001 Wellness Funding

Rae-Edzo	244,787.50	31,408.54	137,500.00	-	-	60,000.00	-	-	-	-	15,422.00	339,618.04
Rae Lakes	44,978.00	6,520.00	-	-	-	-	-	-	-	-	5,000.00	58,498.00
Wekweti	25,000.00	5,449.50	-	-	-	-	-	-	-	-	4,903.50	35,353.00
Wha Ti	77,294.00	17,563.00	-	-	-	-	5,325.00	-	-	-	5,000.00	105,182.00
Regional	-	-	-	-	-	-	-	-	-	171,000.00	-	171,000.00

Rae-Edzo – Population: 1,864 — Dogrib Treaty 11

Brighter Futures

Dogrib Rae Band

- A Social Development Coordinator was hired to deliver health and social programs in Rae-Edzo.

- **Community Mental Health**
  Activities funded include:
  - The annual "Trails of Our Ancestors" canoe trip for youth.
  - Culture camps for elementary and secondary school students. The children participated in day and overnight camps where they learned survival, hunting and trapping skills as well as Dogrib culture and history.
  - An after school program for children aged twelve and under was held in the Rae Friendship Centre. On four evenings per week, children could play games, use computers, watch movies, and have healthy snacks. For regularly attending youth, the staff organized monthly trips to Yellowknife for recreational activities such as swimming and bowling.
  - Other youth initiatives, such as the sport teams, various festivities (Christmas, Halloween), and the annual Dream Catchers Conference.
  - Several regional spiritual gatherings and wellness workshops were held.
  - Community initiatives included Aboriginal Day/Canada Day celebrations, a Dogrib General Assembly feast, a Christmas celebration/drum dance, Elder's Christmas feast, and various activities during National Addictions Awareness Week.
  - Contributions were also made to the Disability Program, which aims to provide pre-vocational training for young mentally challenged adults.

- **Child Development**
  - An early childhood intervention worker was hired to work with preschool children with special needs on a one-to-one basis.
  - A snack program at Elizabeth MacKenzie Elementary School.

- **Parenting**
  - Materials were purchased for the Nobody's Perfect Parenting Program.

Canada Prenatal Nutrition Program

Dogrib Rae Band

- **Rae-Edzo Prenatal Nutrition Program**
  Activities funded include:
  - Thirty-seven weekly cooking sessions with three to eight women attending each class.
  - A total of nine separate educations sessions/activities with four to six women in attendance.
  - Nutrition information through one-to-one and group education sessions as well as the distribution of pamphlets, books, and videos.
  - One-to-one breastfeeding information/support.
  - Childcare, games, transportation, home visits, prizes or incentives, food vouchers, and food supplements provided and organized craft nights.

Health Promotion Fund

Dogrib Community Services Board

- **Dogrib Community Services Board**
  Activities funded include:
  - An information booklet on baby bottle tooth decay was created, and workshops were offered to mothers in the community
  - Community members of Rae-Edzo, Snare Lakes, Rae Lakes, and Wha Ti took part in a two-day training program in Yellowknife on child car-seat safety with the help of the Yellowknife Fire Department.

Elizabeth Mackenzie Elementary School

- **Elizabeth Mackenzie Elementary School**
  - Provided a healthy snack program, which included daily snacks, weekly lessons, and monthly get-togethers to promote awareness about nutrition at school and in life.

Community Action Program for Children

Gameti Early Intervention Dogrib Divisional Board of Education

- **Gameti Early Intervention (ongoing program)**
  - This program for children focuses on developmental activities that are culturally appropriate. Activities are geared to enhance the child's social, emotional, intellectual and physical development.

Aboriginal Head Start

Dogrib Community Services

- **Rae-Edzo Aboriginal Head Start (ongoing program)**
  - The program offers a holistic learning experience to three and four year olds in the community of Rae-Edzo so they may develop spiritually, intellectually, emotionally, socially and physically within the Dogrib culture.
  - Approximately 30 children are served annually.
  - The program provides an environment that promotes social, emotional, verbal, intellectual and physical well-being to the children in developmentally and culturally appropriate activities and strengthens their readiness for kindergarten.
  - The children are provided with a cultural and language program and parents are involved in the advisory board.

Gameti (Rae Lakes) – Population: 278 — Dogrib Treaty 11

Brighter Futures

Gameti First Nation

- **Community Mental Health**
  Activities funded include:
  - Three family celebrations were organized: Mother's Day, Feeding the Fire, and Fall Hunt. All activities involved a feast or picnic and were attended by people of all ages.
  - Several workshops were held and attended by community members. These included two traditional grieving workshops and one spiritual gathering.
  - A youth coordinator was hired to provide alternative youth programs focusing on sports and building self-esteem.

Canada Prenatal Nutrition Program

Gameti First Nations Band

- **Gameti Prenatal Nutrition Program**
  Activities funded include:
  - A total of 12 one-to-one cooking sessions were offered.
  - Other services and activities offered included breastfeeding information/support, home visits, food supplements, food vouchers, prizes or incentives, and sewing circles.

Health Promotion Fund

Jean Wetrade Gameti School

- Provided a breakfast program as well as many outdoor activities that involved the children, parents, and Elders three days a week.

Wekweti (Snare Lake) – Population: 154 — Dogrib Treaty 11

Brighter Futures

Dechi Laot'i First Nation

- **Community Mental Health**
  Activities included:
  - Three grieving and healing workshops were held, and
  - Summer of 2000, almost the entire community went to Lac Ste Anne in Alberta for a one-week spiritual journey.
  - A number of community members participated in three-day retreats at Trapper's Lake.
  - Several youth dances and community feasts/family days were organized throughout the year.
- **Solvent Abuse Prevention**
  - As part of the Dogrib Community Services Board's Addictions Strategy, four community members received training outside their community to become counsellors for their people.

Canada Prenatal Nutrition Program

Dechi Laot'l First Nations

- **Wekweti Prenatal Nutrition Program**
  Activities included:
  - Twelve cooking sessions were held with an average of five women attending each session.
  - One separate education session was held.
  - Nutrition information was offered through group education sessions.
  - Food vouchers and prizes/incentives were provided, and a community feast was organized.

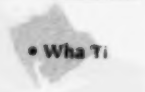
Health Promotion Fund

Dechi Lao'ti First Nation

- **Dechi Lao'ti First Nation's Project**
  Activities include:
  - A basketball clinic for kids was held to promote active living.
  - A Drug and Alcohol seminar was held to provide information and raise awareness. The program included guest keynote speakers the Harlem Comedy Kings basketball team for a two-day event.

Brighter Futures

Wha Ti First Nation



- **Community Mental Health**
  Activities funded include:
  - Community members undertook the Lac St. Anne Pilgrimage, a spiritual journey to restore tradition, as well as a traditional boat trip to Rae.
  - Several spiritual gatherings and traditional grieving workshops were held.
  - Traditional and non-traditional holidays such as Canada Day, Mother's Day, Father's Day, Aboriginal Day, Christmas and New Year were celebrated.
  - A women and youth group met regularly.
  - Traditional Knowledge Project, a project to preserve traditional stories and wisdom of Elders. The taped interviews gathered will be used to preserve the Dogrib language in future years.
  - Weekly movie night was held for twenty to forty high-risk children aged twelve and under. Healthy snacks were served.
  - A girls' group was founded, and a wellness sleep-over for teenage girls was organized. The sleep-over provided a number of stimulating activities in a supervised environment, is expected to become an annual event.
- **Child Development**
  - Children's books were bought for daycare and reading circles.
- **Solvent Abuse Prevention**
  - Community members in solvent abuse treatment received aftercare, including intensive counseling and learning coping tools to live a drug free lifestyle.
- **Parenting**
  - As part of the Nobody's Perfect Parenting Program, community members were trained and became part of the community's active parenting group.
  - The Yellowknife Women's Centre held a Northern Parenting Course that was tailored to a northern audience.

Canada Prenatal Nutrition Program

What Ti First Nations

- **Wha Ti Prenatal Nutrition Program**
  Activities included:
  - A total of nine cooking classes were held for four to 11 women attending each session.
  - 12 weekly education sessions/activities were offered for four to six women attending each session.
  - Nutrition information was offered through group education sessions.
  - Breastfeeding information/activities were provided.
  - Other activities offered by the program included childcare, home visits, food vouchers, prizes/incentives, and a community feast.

Community Animation Program

Wha Ti Charter Community

- **Abandoned Dumpsite Clean-Up**
  - This project intended to identify and clean-up all abandoned dump sites and scattered refuse within the forested area and shoreline of the Wha Ti community. It was anticipated that clean-up activities would improve the local environment and improve health and safety (sanitation) of the community.

Health Promotion Fund

Wha Ti First Nation

- **Wha Ti First Nation**
  - A Wellness Program to promote health awareness was developed to work with existing programs within the community.
  - Nine women were trained in a parenting program.
  - Anti-smoking and FAS information, along with school poster and writing contests were handed out in a door-to-door campaign, and a community dance was organized.

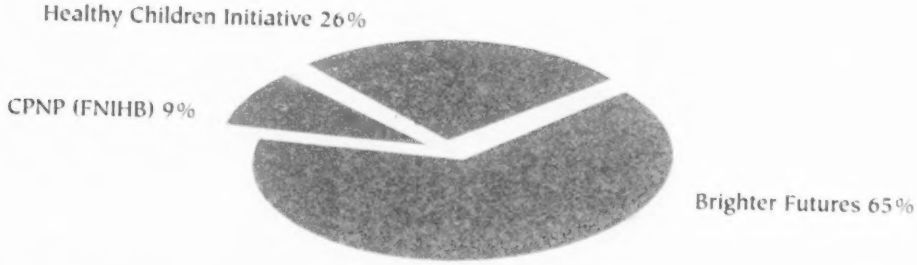
Healthy Children Initiative

Activities included:

- The operation of one child daycare centre in every community.
- A speech aide worked with all of the early childhood programs in the region to support speech/language development.
- Aurora College Early Childhood Certificate courses and workshops were offered to early childhood program staff, and eight staff members completed the program and received their Early Childhood Certificate at the graduation in May 2001.
- Toy lending libraries and car seat safety/lending programs operated in each community.
- Over one hundred parents participated in parenting workshops in their community throughout the year.

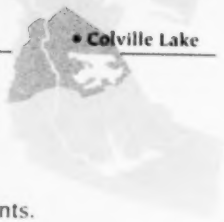
Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Colville Lake	21,787.00	-	-	-	-	-	-	-	-	12,463.00	-	34,250.00
Deline	139,000.00	15,225.00	-	-	-	-	-	-	-	-	-	154,225.00
Fort Good Hope	70,909.91	23,205.00	-	-	-	-	-	-	-	44,703.00	-	138,817.91
Tulita	76,000.00	6,300.00	-	-	-	-	-	-	-	32,978.00	-	115,278.00
Norman Wells	-	-	-	-	-	-	-	-	-	32,155.00	-	32,155.00
Total	307,696.91	44,730.00	-	-	-	-	-	-	-	122,299.00	-	474,725.91



Colville Lake – Population: 96

Sahtu



Brighter Futures

Behdzi Ahda First Nation

- **Community Mental Health**
  Activities included:
  - Three community members attended a five-day spiritual gathering in Deline.
  - A resource person visited the community to hold one-to-one healing sessions for the residents.
  - The annual community hunt, which had fifty-two participants.
- **Child Development**
  - A snack program for school children was run on a daily basis.

Healthy Children Initiative

Behdzi Ahda First Nation

Funds supported:

- Food Hampers
- Toy Lending Library
- Coordinator

Brighter Futures

Deline Dene Band

- A Program Coordinator was hired to administer, implement, and develop programs in the community.

- **Community Mental Health**
  Funds supported:
  - Youth, adults and Elders from Deline and surrounding communities participating in the cross-cultural Caribou Hunt.
  - Community members of all ages participating in the K'atu Trip and other back-to-the-land programs that teach cultural and traditional lifestyles and living off and on the land.
  - The community annual spiritual gathering and a family gathering.
  - Some students participating in the annual Dream Catchers Conference in Edmonton.
  - A youth worker who planned and implemented programs for youth and children. These included dances, trips, and fundraising activities for the youth group.

Canada Prenatal Nutrition Program

Deline Dene Band Council

- **Deline Prenatal Nutrition Program**
  Activities included:
  - Nutrition information was offered through group education sessions.
  - Breastfeeding information was provided by Elders and through the distribution of written resources.
  - Supporting activities offered included transportation, food supplements, food vouchers, and prizes/incentives.

Brighter Futures

K'asho Gotine Community Council

- **Community Mental Health**
  Funds supported:
  - A Trapper Training Program for youth to acquire first hand knowledge of trapping.
  - A school breakfast program was implemented.
- **Parenting**
  Funds supported:
  - 14 couples attended a three-day couple's retreat near Hare Skin River.
  - A Traditional Camp taught youth and parents how to live safely and healthy on the land.

Canada Prenatal Nutrition Program

K'asho Got'ine Dene Band

- **Fort Good Hope Prenatal Nutrition Program**
  Activities included:
  - 17 cooking sessions and eight separate education sessions/activities were offered with an average of ten women attending each session.
  - Cooking instructions were also offered on a one-to-one basis.
  - Nutrition information was provided through one-to-one and group education sessions, as well as newsletters/handouts.
  - Breastfeeding promotion, education, and support were also available.
  - Food supplements, food vouchers, Christmas hampers, home visits, games, prizes and incentives, and potluck dinners were offered.

Healthy Children Initiative

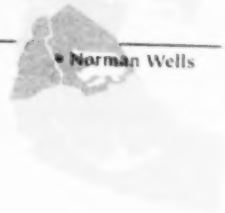
K'asho Got'ine Charter Community Council

- **Speech Aid Program**

Fort Good Hope Daycare

- Food, supplies, computer

Healthy Children Initiative



District Education Authority

- At-Risk Program

Town of Norman Wells

- Baby Kits
- Community Library Storytelling Program

Brighter Futures

Tulita Dene Band

- **Community Mental Health**
  Funds supported:
  - Participation of several delegates in the 2000 Dene National Assembly in Fort Resolution.
  - The Wrigley Gathering, an annual spiritual gathering for youth, adults, and Elders that focuses on healing, alcohol and drug workshops, traditional games, and strengthening social relations.
  - The purchase of caribou hides for a traditional sewing program.
  - A series of cultural workshops where Elders taught high school students traditional skills such as drum making, snowshoe making, lacing snowshoes, and making babiche.
  - A music workshop to teach youth the basics of playing guitar and drums.
  - A coaching session enabling youth to learn more about coaching and playing hockey.
  - A two-week traditional hand games training was held, which also helped to prepare youth for the Sahtu Dene Games in the summer of 2001.
  - The Youth Tulita Wellness Agency for implementing youth activities in the community.

Canada Prenatal Nutrition Program

- Funding was used for training as well as home visits.

Healthy Children Initiative

District Education Authority

- Healthy Children Assistant

Sister Celeste Child Development Centre

- Teachers; Elders in Preschool Program

Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	NCAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Fort Resolution	99,714.68	17,990.70	-	-	-	-	-	-	-	35,831.20	-	153,536.58
Fort Smith	131,741.00	18,912.23	112,500.00	56,093.00	-	-	-	-	-	82,131.00	9,600.00	410,977.23
Hay River/ West Point	10,156.08	22,874.25	-	31,066.00	-	122,000.00	-	-	-	106,184.10	20,006.00	332,286.43
Lutselk'e	93,062.00	17,181.36	-	-	-	-	-	-	-	20,817.07	-	131,060.43
Enterprise	-	-	-	-	-	-	2,915.00	-	-	10,802.00	-	13,717.00
Total	334,673.76	76,958.54	112,500.00	107,159.00	-	122,000.00	2,915.00	-	-	255,765.37	29,606.00	1,041,577.67

Community Animation Program

Enterprise Settlement Corporation

- **Keeping Youth Aware of the Smoking Issue**
  The goal of this project was to encourage youth to think about the effects of smoking on human health and indoor air quality.
  A two-day facilitated workshop was held to provide an opportunity:
  - For youth to learn the facts about smoking and its effects,
  - To view displays/pictures,
  - To create anti-smoking logos/messages to share with their peers, and
  - To discuss the effects of smoking on smokers, non-smokers, and the environment.

Healthy Children Initiative

Enterprise Settlement Board

- **Young Children and their Parents Program**

Brighter Futures

Deninu K'ue First Nation

- A Coordinator was hired for the delivery and administration of community programs.
- **Community Mental Health**
  Funds supported: .
  - Community members participating in the "Portage to Wellness", a one-week trip to the spiritual healing waters of Frog Hole along the Taltson River.
  - Seven youth, seven Elders and one chaperone travelling to Lutsel K'e to attend a three-day leadership workshop.
  - Various anti-violence events such as "Women Take Back The Night", "White Ribbon Campaign", and the International Day of the Family, celebrating with marches, dances, food, guest speakers and other community activities.
  - A special guest visiting the community to demonstrate traditional dance, tell stories and act as a role model for the youth.
  - Youth celebrating the year-end of school with music, dancing, and awards.
  - A five-day on-the-land youth retreat that taught youth cultural and traditional skills was organized.
  - A number of youth participating in the annual Canadian Youth Against Impaired Driving Conference in Yellowknife.
- **Solvent Abuse**
  - National Addictions Awareness Week was celebrated with various activities such as dances, story telling, food, and craft making.

Fort Resolution •

Canada Prenatal Nutrition Program

Deninu Community Health and Social Services Board

- **Deninu Prenatal Nutrition Program**
  Activities included:
  - Eleven group cooking classes and three education sessions/activities were held.
  - Nutrition information was offered through one-to-one instruction.
  - One-to-one breastfeeding information and peer support were provided, and nutrition assessments were conducted.
  - Transportation, home visits, food supplements, food vouchers, prizes/incentives, baby baskets, and healthy food baskets were provided.

Healthy Children Initiative

Deninu Kue First Nation

- **Child Care Initiative Program**
  - Eight children graduated from this program for four year olds.
- **Special Needs Assistant**
  - A partnership was set up between the Child Care Initiative program and the Kindergarten program. Through this partnership, the special needs assistant was able to provide the skills and confidence needed to three special needs children who took part in both programs.

Brighter Futures

Salt River First Nation

- A Program Manager oversaw all community-based programs, and training was provided to several staff members.

- **Community Mental Health**
  Funds supported:
  - The planning and coordination of National Child Day celebrations.
  - A community feast aimed at creating awareness on the issue of family violence.
  - The annual Lac Ste. Ann Pilgrimage.
- **Child Development**
  Funds supported:
  - A snack program for elementary school students.
  - The operation of the Aboriginal Head Start program were partly funded.
  - One hundred preschool literacy bags distributed among three to five year old children.
  - Resource books for the Aboriginal Head Start and the Our Kids Our Future programs.
- **Healthy Babies**
  - Financial support and staff training was provided to the "Our Babies, Our Future" program, which targets infants and their parents.

Canada Prenatal Nutrition Program

Salt River First Nation

- **Our Babies, Our Future**
  Activities included:
  - Thirty-five weekly cooking sessions, and weekly education sessions/activities were offered with an average of two to three women attending each session.
  - Nutrition information was offered through group education sessions.
  - A group breastfeeding session was held and one-to-one and peer support was provided to breastfeeding mothers.
  - Childcare, transportation, home visits, games, prizes or incentives, community feasts, a Good Food Box, and food supplements were provided.

Health Promotion Fund

Fort Smith Health and Social Services

- A program was set up with the local school to have a daily brushing program and a weekly fluoride rinse.

Joseph Burr Tyrrell Elementary School

- A two-day workshop was given that involved presenters and birth mothers raising awareness about FAS/FAE.

Aboriginal Head Start

Salt River First Nation

- **Nihkanis Centre Salt River Aboriginal Head Start Program (ongoing program)**
  - Provided approximately 25 children, aged three to five years with opportunities to enroll in a preschool program that operates from September to June.
  - All program components are sensitive to the cultural needs of children and their families.
  - Parents and Elders are involved in cultural events, arts and crafts, and outings on the land.
  - The snack program meets nutritional standards, while emphasizing traditional "country" food.
  - Parents actively volunteer in the program and workshops.

Healthy Children Initiative

Salt River First Nation #195

- Our Kids, Our Future

Fort Smith Metis Council

- Family Therapy and Home Support Services

Community Initiative

- Parents and Tots Playgroup
  Funds supported:
  - Purchase of rugs and materials.

Nursery School Board

- Fort Smith Cooperative Nursery School
  Funds supported:
  - The delivery of the preschool program.
  - The purchase of craft supplies and materials.

Hay River/West Point – Population: 3,835 — Treaty 8

Brighter Futures

West Point First Nation

- **Community Mental Health**
  - Regular classes were held to teach the youth and Elders beading and moose hair tufting.

Canada Prenatal Nutrition Program

Growing Together Society

- **Breastfeeding and Nutrition Promotion Strategy Project**
  Activities included:
  - Encouraging breastfeeding by providing breast pumps, educational resources, and enhanced services to breastfeeding women.
  - Promoting healthy choices through the development and provision of an educational nutrition card game, cookbooks, and measuring cups.

West Point First Nations

- **Hay River Prenatal Nutrition Program**
  - 12 hampers were distributed to pregnant and breastfeeding women.

Health Promotion Fund

Hay River Dental Clinic

- Dental hygiene techniques and healthy eating habits were introduced to children under the age of 12 (in Hay River, the Hay River Reserve, and Fort Providence). There was also a weekly snack program and daily visits to schools and clinics.

Community Action Program for Children

Family Support Central Safe Home Network

- **Children's Lifeworks and Action Plans (ongoing program)**
  An essential part of this program is dealing with family violence in the community.
  Activities are undertaken under four key components:
  - Shelter activities,
  - Community,
  - Outreach, and
  - Workshops.

Healthy Children Initiative

Hay River Library Committee

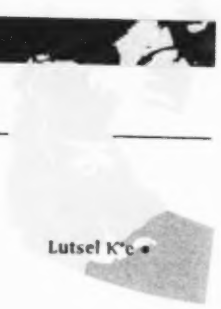
- **Educational Preschool Bags**
  - 120 children in the Hay River and Hay River Reserve area received literacy bags at the end of the preschool year.
  - Each bag contained educational materials to promote early childhood learning skills.
  - The bags were delivered to the Aboriginal Head Start program, and the family support centre.
- **Mother Goose Program**
  - This six-week program was organized for children from four months to three years of age.
- **Board Books**
  - This project provided baby and toddler board books for the general public of three communities: Hay River, Fort Smith and Fort Simpson.

Growing Together

- **Pre/post-natal Program**

Hay River Playschool

- **Early Intervention Program**
  - This project delivered good basic programming to a total of 39 children (13 were recognized as having a high risk potential).



Brighter Futures

Lutselk'e Health and Social Services Board

- **Community Mental Health**
  Funds supported:
  - Two women attending a Women and Wellness Conference in Saskatchewan.
  - The whole community taking part in the annual Desnedhe Che Spiritual Gathering.
  - A number of youth attending the annual Dream Catchers Conference in Edmonton.
  - A two-day Next Generation Youth Workshop in the community.
  - Community members of all ages taking part in on-the-land programs, which attempted to promote traditional lifestyles by teaching traditional skills.
  - A traditional healer visiting the community twice.
- **Child Development**
  - A family support service worker was hired part-time to offer support to children with developmental delays and their families.
- **Solvent Abuse**
  - An Alcohol and Drug Worker was employed part-time.
  - An Alcohol and Drug Trainee was hired full-time and received training through Neechi.

Canada Prenatal Nutrition Program

Lutselk'e Health and Social Services Board

- **Lutselk'e Prenatal Nutrition Program**
  Activities included:
  - A total of 16 cooking classes and four separate education sessions/activities were run with between four and eight participants in attendance.
  - One-to-one nutrition education was also provided.
  - Other activities and services offered included transportation, home visits, food supplements, food vouchers, and arts and crafts activities.

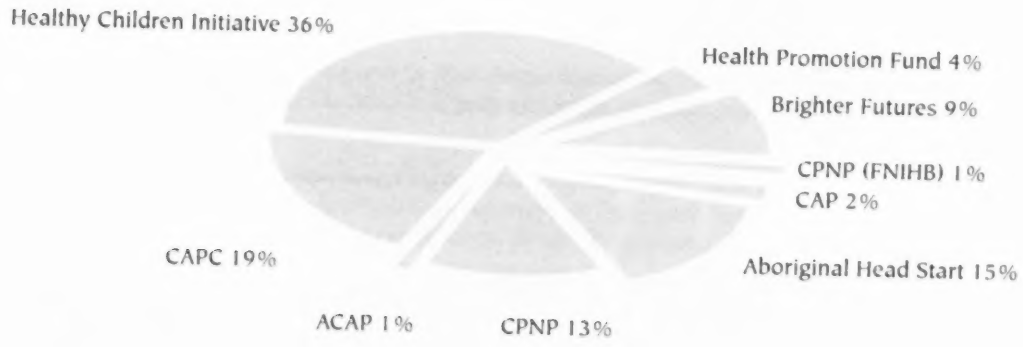
Healthy Children Initiative

Lutselk'e Band

- **Tinkering Tots Preschool Program**
  - Funds were used for salaries of the program staff, and purchase of special needs material.

Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
Yellowknife, N'dilo, Dettah	135,503.00	20,568.69	219,000.00	184,754.00	15,000.00	271,200.00	24,123.00	-	-	409,548.00	57,325.80	1,427,022.49



Brighter Futures

Yellowknive's Dene First Nation

- **Community Mental Health**
  Funds supported:
  A full-time Health and Social Development Manager, a full-time Community Social Worker, and a part-time Youth and Family Counselor. These positions carried out activities such as:
  - Counseling for Elders, youth, adults and families.
  - National Women's Day celebrations with luncheon, presentation and guest speakers.
  - Support for the families of Elders who passed away.
  - Providing assistance to Eldes with the Seniors Fuel Subsidy Program.
  - A drop-in program for pre-adolescent boys and girls in N'dilo.
  - Other activities, such as reading sessions for children during the NWT Literacy Week were implemented.

Canada Prenatal Nutrition Program

Yellowknives Dene First Nation

- **N'dilo/Dettah Prenatal Nutrition Program**
  Activities included:
  - A total of 25 cooking classes were run with an average of ten women attending each class.
  - Nutrition information was provided through group nutrition education and pamphlets/resource materials, and informal education sessions were conducted over the phone with young mothers.
  - Breastfeeding information was provided primarily through peer support.
  - Other activities and services provided included transportation, home visits, food supplements, prizes/incentives, games, childcare, and a health fair.

Yellowknife Women's Society

- **Healthy Baby Club**
  The program consisted of:
  - A food supplementation component to address the nutritional needs of high-risk pregnant women who were clients at the centre.
  - Various health promotion programs to facilitate lifestyle awareness of pregnant high-risk women.
  - Women were involved in knowledge and skill development around issues such as food budgeting, shopping, menu planning and meal preparation.
  - The health promotion programs also addressed issues such as pre/post-natal care, labour and delivery, breastfeeding, nutrition, alcohol and drug abuse, smoking and other lifestyle factors pre/post-conception.

Community Animation Program

NWT Council for Disabled Persons

- **Experience 2000**
  - The goal of this project was to hold a ten-day summer camp for school-aged children with disabilities to promote active living opportunities and an understanding for the northern environment, and knowledge on how to respect it.

Ecology North

- **Public Forum on Climate Change**
  - A public forum on climate change was coordinated and sponsored for the people of Yellowknife. Key information included climate predictions, impacts, mitigation, and adaptation on the environment and health in the North.

Weledeh Catholic School

- **Community Kitchen for Kids Extension Project**
  - This project's aim was to share and promote the success of the Community Kitchen for Kids program in other schools in Yellowknife and surrounding area. The program teaches children about healthy nutrition, wise consumer habits, waste reduction, and safe and sanitary cooking environments in a supportive structure.

Yellowknife Senior's Society

- **Seniors, Children and the Environment - Working Together**
  - This project's aim was to bring seniors and children together to build birdhouses that would attract regional birds to the community. Prior to building the houses, the youth and seniors would research the bird populations native to the Yellowknife region and the building structures required to attract these birds to the houses. The birdhouses would be installed throughout the community.

Health Promotion Fund

École St. Joseph School (Yellowknife)

- Three parent/child sports and games nights were held on the playground to promote active living and safety. They also included workshops on playground safety for the children during school hours.

Weledeh School (Yellowknife)

- An after-school cooking workshop for children was held to promote healthy and safe food preparation.

Sir John Franklin High School (Yellowknife)

- Four students and one staff member were sent to the BLAST conference (a tobacco reduction and cessation leadership program for youth) in Edmonton from November 17 to 19, 2000. They brought back information learned from the conference and promoted smoke-free lifestyles around the school.

YK Association for Community Living

- A two-day workshop was held that brought together representatives from across the NWT and FAS experts to discuss prevention and intervention. They also produced a video to help parents who are raising children affected by FAS or partial HFAS.

St. Patrick High School's Chapter of Students Against Drinking and Driving

- The Canadian Youth Against Impaired Driving 2001 national conference was hosted with a four-day workshop session in March 2001. The main objective of SADD is to expand itself into more communities across the North and have a strong message against drinking and driving across the Territories.

Community Action Program for Children

Yellowknife Catholic Schools

- **Toy Lending Library and Play Centre (ongoing program)**
  This project offers four programs to families and their children from birth to six years:
  - Mini workshops, e.g. parenting, child development, stress management.
  - Drop-in play centre – currently offering five sessions a week.
  - Toy lending library.
  - The Four Plus program, a fully integrated preschool program that focuses on school readiness skills for children in their pre-kindergarten year.

Yellowknife Association for Community Living

- **Living and Learning with FAS (ongoing program)**
  The program promotes the health, social and intellectual development of children with FAS/FAE.
  Activities include:
  - The promotion of understanding, education and community action around the prevention of FAS/FAE.
  - The establishment of an effective community based family support system.
  - The development of educational videos and FAS teaching tools for NWT communities.

Aboriginal Head Start

Yellowknives Dene First Nation

- **Done Necha-Lia Gha Enitl'e Ko N'dilo Aboriginal Head Start (ongoing program)**
  This program is an early intervention pre-kindergarten program for First Nations, Metis and Inuit children and their families. The program is dedicated to the spiritual, social, emotional, intellectual and cultural well-being of the children, while supporting families in assisting their children to become life long learners.
  This project provides:
  - Thirty-two children with a morning or afternoon preschool program.
  - Program components include education, health and nutrition, parent and family involvement, the Dogrib language and Dene culture.
  - Parents participate in monthly Parent Advisory Circle meetings thus guiding the program in its development.
  - The program hosts a yearly on-the-land experience at a Dene Culture Camp where Elders share their traditional knowledge.

Healthy Children Initiative

Yellowknife Catholic Schools

- **Four Plus Program (ongoing program)**
  The program is primarily for children in their pre-kindergarten year who need a head start on their school experience for reasons such as speech delays, autism, FAS, mental challenges and behavioral problems.
  Activities include:
  - Library/listening, blocks, sand and water, sensory, writing, computer, science/math, puzzle/fine motor/manipulative, dramatic play, arts and crafts, and painting.
  - Programming is based on themes.
  - Each session is two hours.
  - Forty children, aged four to six, participate in the program.
  - Staff was part of an interdisciplinary team, which included a child's speech pathologist, occupational therapist, support worker, pediatrician, as well as the Council for Disabled Persons staff. This team relationship is an important for evaluating a child's progress and developing strategies to further a child's development.

Yellowknife Women's Centre

- **Family Support Program (ongoing program)**
  Funds supported:
  - In-home support (home management, parenting and life skills development), respite, group parenting sessions, literacy programs, crisis management, and referral services.
  - A number of outreach services were available through other community agencies such as NWT Council for Disabled Persons, Toy Library and Play Centre, and the Women's Healing and Recovery Program.
  - Quarterly reports showed twenty-four to fourty-three families receiving services during each reporting period, with an average of thirty-two families.

NWT Council for Disabled Persons

- **Early Intervention Program (ongoing program)**
  Funds supported:
  - Children under the age of six who have disabilities. These children would not be able to access an early childhood program without one-to-one assistance provided by the Council's Early Intervention Workers.
  - Each child receiveing one-to-one assistance for a minimum of five hours per week, attending the Toy Library and Play Centre, Four Plus Program, Yellowknife Playschool or a private family day home.
  - A program in the summer for the children, which avoided regression in developmental areas.
  - Twelve children participating in the program.

Yellowknives Dene First Nation

- **Parent-child Resource Centre N'dilo/Dettah**

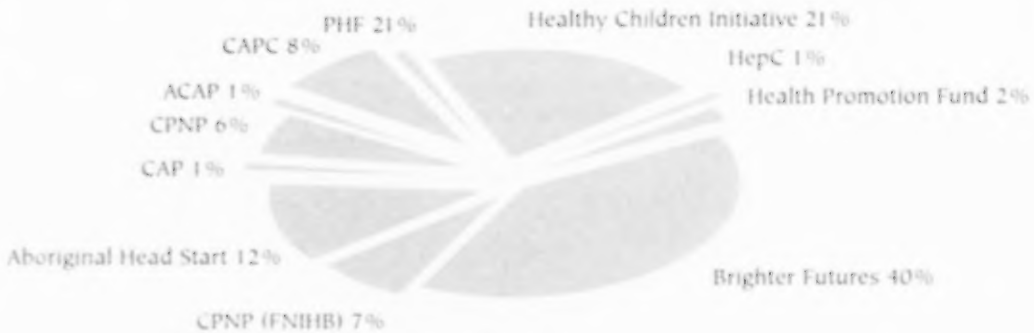
AIDS Community Action Program

AIDS Yellowknife

- **Building Community Networks**
  Funds supported:
  - Coordination and implementation of prevention education activities.
  - Development of an outreach strategy focusing at reaching youth.
  - Activities that strengthen and develop community partners to address HIV issues.

Summary of 2000-2001 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	CAP	HepC	PHF	Healthy Children Initiative	Health Promotion Fund	Total
YWCA, Yellowknife	57,644.00	-	-	-	-	-	-	-	-	-	-	57,644.00
Dawn Society	29,610.00	-	-	-	-	-	-	-	-	-	-	29,610.00
Barrington Research Group	-	78,995.00	-	-	-	-	-	-	-	-	-	78,995.00
NWT Ski Division	-	-	-	-	-	-	3,500.00	-	-	-	-	3,500.00
Active Living Alliance	-	-	-	-	-	-	-	-	-	-	5,000.00	5,000.00
NWT Status of Women Council	-	-	-	-	-	-	-	-	-	-	5,000.00	5,000.00
NWT Breast Health Cancer Action Group	-	-	-	-	-	-	-	-	-	-	4,410.00	4,410.00
Canadian Public Health Ass. (NWT Branch)	-	-	-	-	-	-	-	-	75,000.00	-	-	75,000.00
NWT Literacy Council	-	-	-	-	-	-	-	-	-	9,000.00	-	9,000.00
Native Women's Ass. of the NWT	-	-	-	-	88,250.00	-	-	38,000.00	-	-	-	106,250.00
Total	87,254.00	78,995.00	-	-	88,250.00	-	3,500.00	38,000.00	75,000.00	9,000.00	14,410.00	374,409.00



Other NWT Projects

Brighter Futures

YWCA of Yellowknife

- **Injury Prevention**
  - A three-day training workshop was held for NWT shelter workers and family violence program workers. The training, which took place in Yellowknife, focused on the effects children experience due to witnessing violence, and on interventions shelter workers can practice.

Tawon Society

- **Community Mental Health**
  - Healthy Snack programs were run for two months in the five safe shelters and three family violence counselling programs in the NWT. The beneficiaries were mostly women and children.

Canada Prenatal Nutrition Program

Evaluation Services

- The Barrington Research Group, Inc. carried out evaluations of CPNP.

Community Animation Program

NWT Ski Division

- **Kids on Skis**
  - Clinics, targeting high school students, would be held in ten northern communities, where students would learn about tobacco, environment issues and basic nutrition; and participate in outdoor activities. The goal of the project was to increase youths' awareness of the benefits of not smoking, maintaining a clean environment and active living.

Health Promotion Fund

Active Living Alliance

- Active Living Alliance participated in a project to increase activity in people with disabilities and increase the inclusion of disabled people in the NWT in active living opportunities. A researcher was contracted to raise awareness of this issue in existing active living groups. Research and a phone survey were done and a report was written. The project, based in Yellowknife, covered the whole NWT.

The Status of Women Council of the NWT

- The first annual Family Violence Awareness Week (October 30 to November 5) was established to increase awareness through advertising and media promotion.

NWT Breast Health/Breast Cancer Action Group

- The "Breast Health: Caring for Yourself" booklet (English), which outlines and elaborates on the need for healthy eating, active living, and smoking cessation as a part of a plan for personal breast health, was produced. 10,000 copies of the booklet were printed and distributed to health centres, mammography clinics, family violence shelters, community women centres, friendship centres, and NWT high school health programs across the North.

Population Health Fund

Canadian Public Health Association, NWT Branch

- **Youth Tobacco Reduction Strategy Project – Phase 2**
  - This project built on Phase 1 of the Youth Tobacco Reduction Strategy, and focused on the needs of the youth, supporting youth and adults to gain an understanding of the hazards of tobacco and smoking, and preparing them to deliver and participate in community and territorial events related to smoking cessation. The NWT Department of Health and Social Services also contributed funding to this project.

Other NWT Projects

NWT Literacy Council

- **Northern Parenting and Learning Program**
  A program manual was developed to deliver the "Families First – Northern Parenting and Learning Program".
  The Families First program is:
  - Designed for parents who wish to support their children's development by becoming more knowledgeable in parenting topics and to improve their literacy skills.
  - A resource that can be used in adult education programs, family support centres, health centres, family literacy programs, and early childhood development centres.
  - 150 copies of the following were produced:
  - Families First: Northern Parenting and Learning program Manual; Resource Kit – with print and video resources for the delivery of Families First; CD-Rom with Families First: Northern Parenting and Learning Program Manual (lesson plan templates, certificates, pamphlets, posters), Rhymes and Songs, Learning Activity Cards, Activities for Families.

AIDS Community Action Program/Hepatitis C

Native Women's Association of the NWT

- **Community HIV/Hepatitis C Prevention and Awareness Project**
  - This project sponsors a joint community/federal/territorial initiative implemented in September 2000.
  - Includes the design of a Funding and Support Team (FAST) responsible for funding numerous HIV/HEP C prevention and awareness projects in NWT communities and regions, and monitoring their success (ongoing project).